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April 23, 2020

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GLADSTONE NEWS



Trinity College

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POWERING ON WITH EDUCATION

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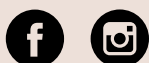
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Apply for GPC's 2020 Talent Today - Talent Tomorrow University Scholarship



Gladstone Ports Corporation's scholarship program for Aboriginal, Torres Strait Islander and Australian South Sea Islander university students is being offered again in 2020.

The Talent Today, Talent Tomorrow Scholarship aims to facilitate increased opportunities for local Aboriginal, Torres Strait Islander and Australian South Sea Islander peoples by recognising and supporting their commitment to further education.

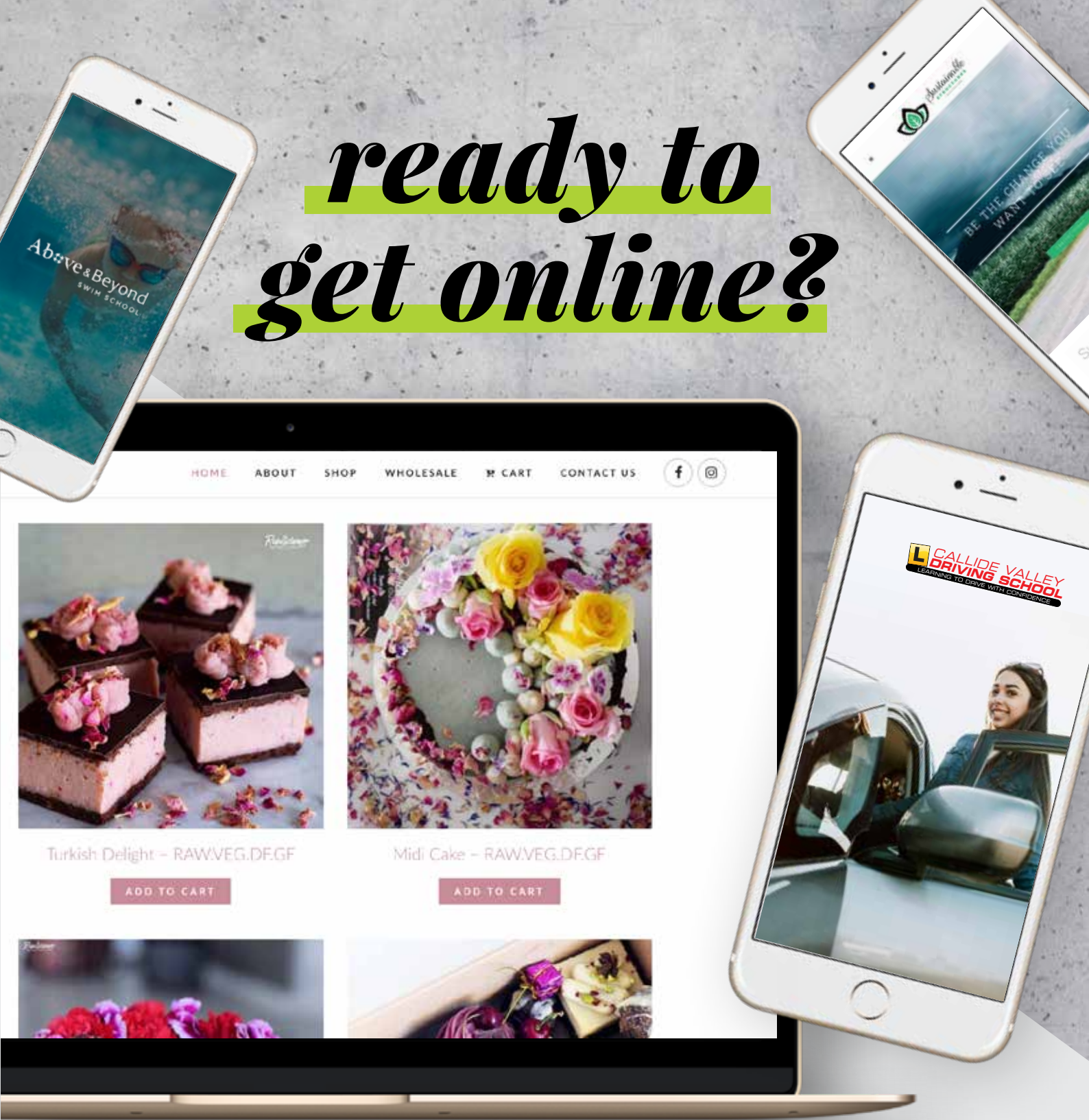
The scholarship provides financial support of up to \$21,000 over a three year period for one successful candidate enrolled in an undergraduate study program.

Applications open Saturday, 11 April and close 4:00pm Friday, 8 May 2020.

For more information and to apply visit gpcl.com.au

gpcl.com.au | 1800 243 GPC

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Trinity College

GLADSTONE

POWERING ON WITH EDUCATION

TRINITY COLLEGE HAS BEEN USING A WIDE RANGE OF LEARNING ONLINE PROGRAMS FOR A NUMBER OF YEARS.

Trinity College is, as a result, well placed for this current period of uncertainty and the majority of our students having to learn from home. We are confident that we can continue to provide high quality learning. Trinity College has had an iPad program in Primary and our Macbook program in Secondary, for four years. This includes the expansion of our one-to-one iPad program to operate from Year 3 upwards, and our one-to-one Macbook program in Secondary. Combined with educational software systems, which we have been using well prior to the current crisis, we are well placed to "Power on with education".

Trinity College feels it is very important that as we deliver remote and online learning, we partner with our parents at this time, whilst still continuing to provide students with the most enriching learning program that we can. We want to support our families as we continue to provide a distinctly Christian education experience. This includes ensuring that our chaplaincy team are available to our families, via technology, at this time.

Kindergarten

Trinity College Kindergarten continues to operate as normally as possible and offer our comprehensive play-based program to all our Kindy students. We believe this is the best possible outcome for all our Kindergarten families. Understandably, if parents wish to have their children stay at home, a Learning pack will be provided so that they will continue to receive stimulating engagement and play-based opportunities at home. However, for those families who wish to have their children come to our Kindergarten, our regular learning program will continue, with appropriate risk-mitigation strategies in place.





Primary

We have implemented a remote learning plan for our Primary school which is flexible and meets the needs of our students and families. Our learning plan is presented in weekly learning packs, which create a familiar routine for students while also providing flexibility for families. By being delivered and collected weekly, this allows regular feedback, support to parents, and for teachers to keep track of student progress.

The remote learning plan for primary students follows a Monday to Friday learning schedule, with Wednesday and Friday afternoons being devoted to physical activity and health and wellness activities, which they can undertake either at school (if they are the children of parents who work) or in the backyard. Communication from our teachers to their students is facilitated through 'Class Dojo' – a communication app, on a daily basis with additional online support from our teacher aides to those students who need additional learning needs met.

Additional learning opportunities for our Primary students will be facilitated through online platforms such as: Mathseeds, Mathletics, Reading Eggs, Reading Eggs Express, Typing Tournament, Spelling City and, in our upper primary, Google Classroom, preparing them for Secondary education.

Secondary

Trinity College secondary school has been operating with the use of MacBook Air laptops for several years now, which means that our students have a strong Information Communication Technology (ICT) skill set ready to move completely online.

We will be operating under what is called 'Synchronous' online learning, meaning students will connect with their regular classes in their regular timeslots according to their usual timetables.

Students currently have an online learning classroom (Google Classroom) for all subjects. Lesson materials are uploaded onto this platform for activity completion, revising learning, assessments, rubrics, assessment

submission and grading information.

The Pastoral Care Classroom is an important part of our student day, bringing connection within our community where an inspirational and relevant devotional message is delivered to our students. This supports our student's wellbeing together with the delivery of weekly online whole school assemblies and chapels from our Principal and Head of Secondary.

Additional support is provided online through our IT Classroom Information Support Guide Classroom - Troubleshooting guides for common computer issues and our Careers Classroom (Yr 10 -12) - for all careers support and information.

Other learning online platforms encompass: OneNote, Microsoft Teams, ZOOM lessons (virtual and recorded), Mathletics (Yr 7 -9)



GETTING INTO GARDENING

AS CORONAVIRUS LOCKDOWN LAWS KEEP US INSIDE THE BOUNDARIES OF OUR HOME, THERE HAS NEVER BEEN A BETTER TIME TO GET OUT AND STUCK INTO THE GARDEN.

If it's been a while since you put on the gardening gloves, here are a few things you can do this weekend.

Indoor gardening

If you live in an apartment or just lack backyard space don't worry, there is plenty you can still grow from the comfort of your living room.

Succulents are a great place to start, they're hardy, drought resistant and unbelievably easy to propagate. Just take a small stem cutting or leaf, allow to dry for a couple of days and pop into free-draining potting mix – it's that easy! Another popular indoor plant is the Peace Lily, it's hardy, loves the shade and free-draining soil.



Seeds to sow

With the temperature pleasantly dropping there are a lot of things that can go into the ground at the moment. This includes:

- Tomatoes
- Edible Greens
- Salads
- Silverbeet
- Chards
- Radishes

Fertilise

Autumn is the ideal time of year to fertilise! Give trees, shrubs and especially lawns some organic pelletised fertiliser. This will encourage plant cells to thicken, making your plants more resilient to fungus and disease during the colder months ahead.



Lawns

Autumn is the best time of year to give your turf some TLC before the onset of cooler weather. Aerating is a must-do Autumn activity, especially with the compacted heavy soil found throughout Gladstone. Simply drive a pitch fork halfway down into the ground and wiggle it, remove, and repeat across the lawn. When mowing, raise the level of the mower as it's best not to cut too short leading into the cooler months, this will help the turf bounce back in spring. Any well-worn patches can be top-dressed now using a fine top soil, lightly rake it in and level it across the area.

PROJECT TO BOOST *Gas Supply To Shell's QGC LNG Plant*

SHELL AUSTRALIA, WHICH OPERATES QGC, INCLUDING ONE OF THE THREE LNG PLANTS ON CURTIS ISLAND, RECENTLY TOOK A FINAL INVESTMENT DECISION ON THE FIRST PHASE OF ARROW ENERGY'S SURAT GAS PROJECT.

While Arrow's reserves are located in the Surat Basin in south-west Queensland, the announcement does have implications for Shell's QGC LNG plant on Curtis Island.

The development will increase the pool of gas available to both domestic and export markets, including the amount of gas available for processing in Gladstone using the existing processing trains and other infrastructure.

Gas from Arrow will provide more supply to both Australian domestic customers. Shell's QGC business supplied 65% of the Queensland domestic gas market in 2019. The decision will provide up to 90 billion cubic feet per year (95 PJ/yr) of new gas to market at peak production – the Australian East Coast gas market is

approximately 600 PJ/yr.

"QGC has reached strong and stable production since its start up in December 2015, and Arrow has the strong technical capability to develop the Surat Basin fields innovatively and efficiently," said Shell Australia Chairman Tony Nunan. "QGC supplied 16 percent of the demand in the Australian east coast domestic gas market in 2019 and celebrated its 500th LNG cargo."

Construction of the project will commence this year, with first gas sales expected in 2021.





SPECIALISING IN SUPPLYING BULK DRINKING WATER ALL OVER QUEENSLAND

Six Fun Ways To Get The Family To **DRINK MORE WATER!**

DRINKING ABOUT 2L OF WATER PER DAY IS NEEDED FOR YOUR BODY TO REGULATE TEMPERATURE, DIGEST AND PROCESS FOOD AND ABSORB NUTRIENTS.

But even though we all know how important it is to stay hydrated, it can often be hard for both adults and children alike to stay motivated to do it! Our friends at Aussie Gold have given us some fun ways to encourage the whole family to get enough water during the day.



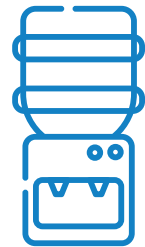
Use an App

If you or your kids are a little tech savvy, try downloading a fun water-tracking app. The popular Plant Nanny app has a cute plant that needs to be given water at certain intervals to keep it alive and help it grow. It helps kids to visualise why staying hydrated is so important whilst reminding them to drink water themselves!



Fancy Ice Cubes

Ice cubes in the shape of favourite animals or pop culture characters are a great way to make drinking water more fun. You could also add fruit, edible flowers or mint leaves to regular ice cubes for added colour!



Make Water Accessible

It may sound simple, but making water easy to access for both kids and adults is important! Aussie Gold water coolers have child safe taps that are easy for little hands to use and you don't need to worry about them spilling an entire jug of water all over the floor! Getting kids to fill up their own cup or drink bottle also encourages independence and responsibility, which is a great motivator in itself.



Use a fun bottle, cup or straw

A special bottle for each member of family is a great way to encourage them to drink the amount of water that's in the bottle within a certain period. If your child can't handle large water bottle, a smaller cup with their favourite cartoon character or a cool straw might be less intimidating!



Use a reward chart

Set up a reward system for the whole family. Encourage them to drink a certain amount of water daily and keep a record of it. Reward everyone with a fun activity when you all reach the goal!



Fruit Garnish

If you're not a fan of the taste of plain old water, jazz it up a bit by adding slices of fruit or some mint into your water pitcher or water bottle! Lime and berries work well and are a lower sugar option.



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LEARNING FROM HOME

ON THE 13TH OF APRIL, THE QUEENSLAND GOVERNMENT ANNOUNCED THAT FOR THE FIRST FIVE WEEKS OF TERM TWO, THE STATE WOULD USE REMOTE LEARNING OR LEARNING FROM HOME.

Children of essential workers can continue to attend in person as schools will remain open. This has left many parents across the state with the daunting task of trying learning from home for the very first time. If you're one of these parents now having to add 'teacher' to your resume with no experience, here are a few tips to get you started.

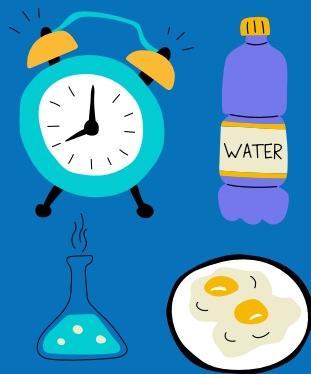
Leaders and teachers ensure that challenging, purposeful, interesting learning can continue if our students are unable to come to school and need to Learn from Home. Learning from Home will include:

- Learning resources available through your school's chosen platform
- Explicit instruction
- Time for students to practise routines
- Processes for students to submit completed tasks
- Feedback to support learning progress



Seek help from teachers & school

If you're overwhelmed with all the large amount online resources don't be afraid to reach out to the Catholic education teachers and school for additional resources and advice.



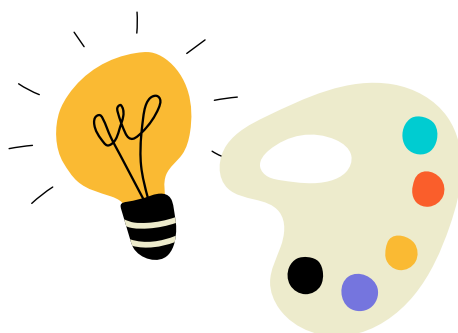
Create structure

Structure, scheduling and routine is critical in regulating mental health and learning. Mainstream schools have a timetabled structure throughout the week, so rather than disrupting the child's established routine, you might wish to follow the schools routine. Online learning is really hard for a lot of people and certain children will do better in different learning environments, so it's important to know your child and their learning style.



Set up a learning space

Create a designated area in the house for the child to be able to focus on learning. The area aims to limit distractions. Turning the TV off and switching off app notifications will help tremendously. It's also worth considering the technology that may be required, programs like Zoom or Skype may need to be downloaded to allow teachers to deliver lessons online. It's also important to manage eSafety to ensure your family has a safe, positive experience online.



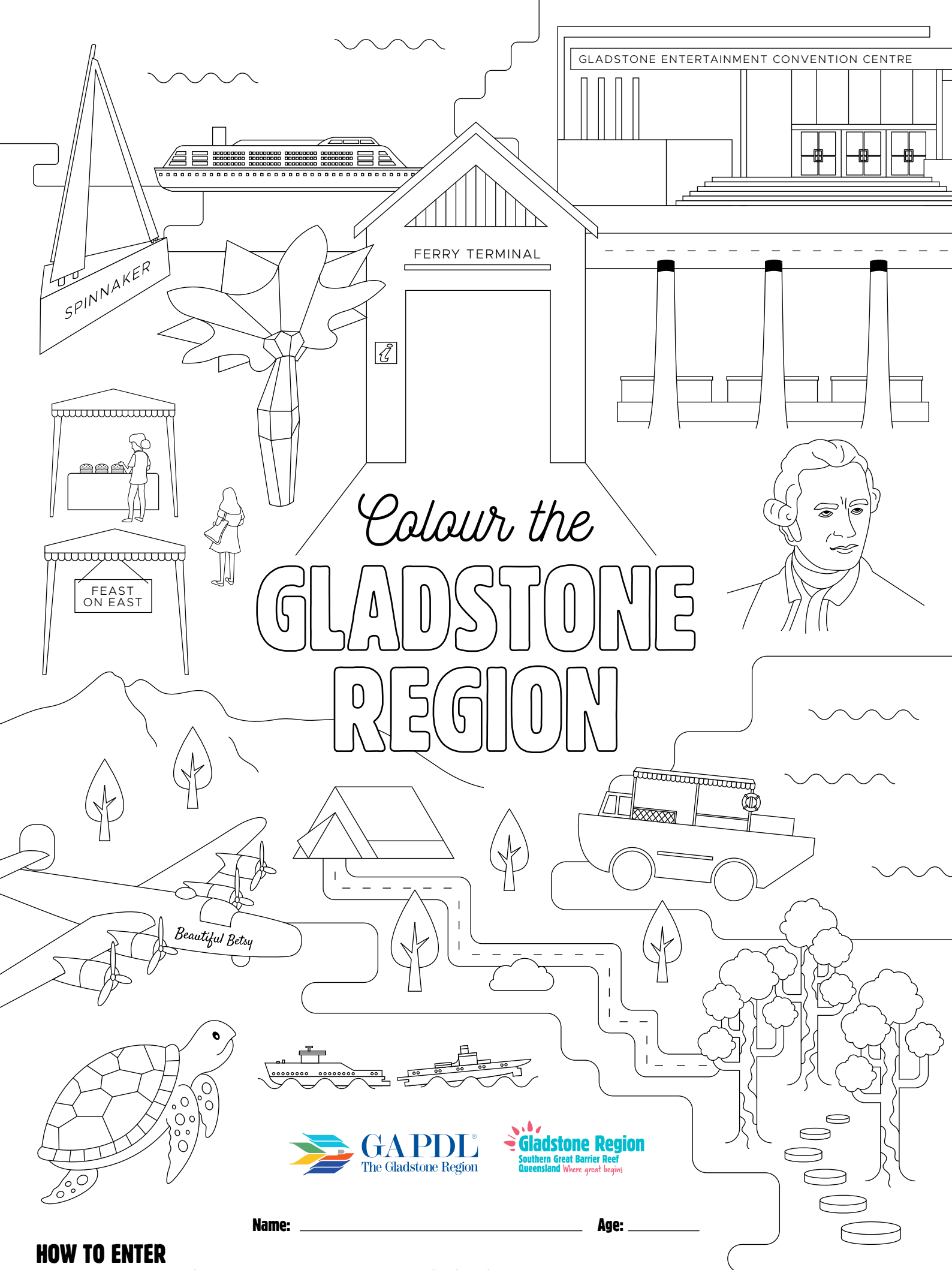
Student Wellbeing

Taking frequent breaks throughout the day is not simply downtime for students but increases productivity, boosts brain function and decreases stress. Exercise is especially helpful as it increases blood flow and oxygenation in the brain, improving attention and memory, increasing brain activity and cognitive function, and enhancing mood and ability to cope with stress.



Do passion projects

Now is the perfect time for kids to pursue interests they haven't had time to focus on in the past. Ask your child what they're interested in and negotiate how they will balance interests and tasks the school has set.



HOW TO ENTER

- 1 Grab your copy out of the Gladstone News or download for free from gapdl.com.au
- 2 Colour in your artwork and include your name and age
- 3 Ask an adult to upload a photo of your artwork as a comment onto the GAPDL Facebook post
- 4 For more information visit gapdl.com.au

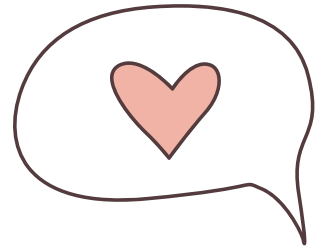
SUNDAY MAY 10, 2020

mother's day



THERE IS NO DOUBT MOTHER'S DAY HOLDS A VERY SPECIAL PLACE IN ALL OF OUR HEARTS. WHETHER YOU'RE A NEW MUM, A MUM-TO-BE, A GRANDMOTHER, OR IF YOU'RE MUM IS NO LONGER WITH YOU, THE DAY PROVIDES US WITH A UNIQUE OPPORTUNITY TO BE ESPECIALLY GRATEFUL FOR EVERYTHING A MOTHER REPRESENTS.

Falling on May 10 this year, Mother's day will undoubtedly look a little different as the coronavirus pandemic leaves us separated physically from many of our loved ones. But while strict social distancing rules may mean many of us mightn't be able to see our mums in person for the day, it's a reality that is undoubtedly for the best as we continue to fight the spread of the virus.



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Mother's Day



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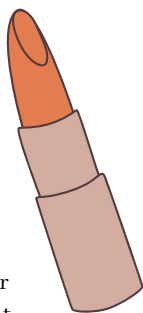
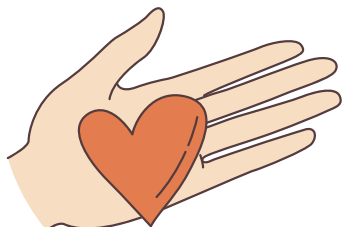
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But just because you might not be able to see your mum in person that doesn't mean you can't spoil her and make her feel loved on the special day. In fact, there are plenty of little gestures you can do that will go a long way – and not just for mum.

This could include beautiful flowers, which are a timeless classic or why not a potted plant if you prefer something with more longevity. Another great present idea for mum is a voucher to her favourite beauty service, whether that be the hairdresser, nail salon or even masseuse! And if you're really struggling for ideas you can never go wrong with chocolate.



Many small local businesses are struggling in the wake of the pandemic, as they've been forced to close bricks and mortar stores and rely solely on online sales. With

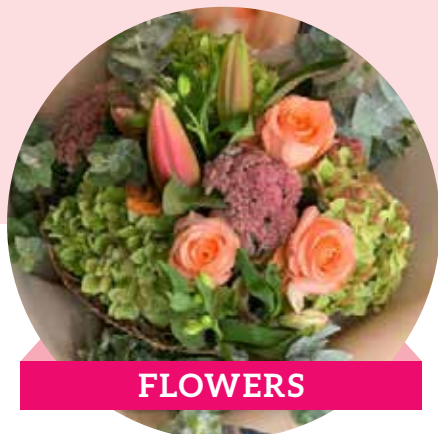
this in mind, now has never been a better time to purchase a gift or service offered by one of the many small, local businesses throughout our region.

This year, it won't just show mum how much you care, but it will also go a long way in helping Gladstone businesses recover from this financially devastating time.



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Mother's Day



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UNIVERSITY ADMISSION

Changes A New Hope For Students

THE CAREER DEVELOPMENT ASSOCIATION OF AUSTRALIA ENCOURAGES YEAR 12 STUDENTS TO VIEW POTENTIAL CHANGES TO UNIVERSITY ADMISSION AS AN OPPORTUNITY.

The Federal Government announced yesterday that Year 12 Students will still receive an ATAR this year, despite the disruption to schools from COVID-19.

With students still set to graduate, universities may also consider extracurricular achievements and year 11 work, and where appropriate use aptitude tests, to assess students for university entry.

"The vast majority of university courses have always chosen students based on a ranking, which is calculated based on academic results," CDAA National President Wanda Hayes said. "A student who didn't do well across all of their subjects wouldn't do as well in the university selection process and there was very limited or sometimes no facility for considering other factors."

"There is a real opportunity to highlight other things year 12 students do beyond the academic curriculum that aligns with their strengths and interests."

In other countries, factors like extra-curricular and co-curricular achievements, leadership experience and engagement with community service activities are already considered in the university recruitment space.

While Universities Australia is still working with governments and schools to outline the changes for university admission, CDAA advises students to be ready for them.

This means using this time to take stock of what they have to offer beyond their academic results and preparing to use this information, should universities decide to broaden their admission selection processes.

"Year 12s should utilise all the resources in their school's career education program to stay on the front foot with all of these changes. Most schools have a program but often students don't take it very seriously – now is the time to do so," Ms. Hayes said.

Students may be feeling anxious about what the future holds, but CDAA encourages them to try and remain positive.

Gladstone Region **riseup**

The Gladstone Region Rise Up initiative offers financial support to not-for-profit sport, recreation and community groups due to the ongoing COVID-19 situation.



For more information visit
gladstone.qld.gov.au/community-investment



NATIONAL 18-24 MAY 2020
VOLUNTEER
WEEK
CHANGING COMMUNITIES.
CHANGING LIVES.



Nominations Open

Help us identify and recognise the efforts and input of our Gladstone Region community volunteers.

No matter how big or small a volunteer's contribution might be each volunteer, through action, is making a world of difference. We want to celebrate and thank our volunteers for what they do each and every day!

Submit nominations at gladstone.qld.gov.au/volunteer-week, or completed forms can be emailed to cas@gladstone.qld.gov.au, by 5pm, Friday, 8 May 2020.

Due to recent restrictions on events, we will not be holding any face to face celebrations for National Volunteer Week 2020. Nominees will receive their certificate and badge via post.

If you have any questions or need further information, please call 07 4976 6300.



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Palaszczuk Government

Rapidly Expands Healthcare In Gladstone

THE PALASZCZUK GOVERNMENT WILL PURCHASE THE GLADSTONE MATER HOSPITAL IN A BID TO FURTHER EXPAND PUBLIC HEALTH SERVICES TO THE CENTRAL QUEENSLAND REGION.

Health Minister Steven Miles said the purchase would mean a new era of health care for the people of Gladstone.

"The Palaszczuk government invests in health care, and this is an exciting opportunity to expand public healthcare in Gladstone," he said. "I want to thank Glenn Butcher – he's been relentless in looking for a way to secure this hospital and now we have found a way.

"Right now all of our hospitals are working hard to get ready for the COVID-19 pandemic. This announcement will ensure the Mater remains open and providing care for CQ locals.

"After the COVID-19 pandemic we will transfer the hospital to the CQHHS to deliver great health care in to the future.

The Minister said he had asked Queensland Health to progress formal negotiations with Mater to finalise a deal as soon as possible.

Member for Gladstone Glenn Butcher said the move follows a \$42 million investment in the existing Gladstone Hospital Emergency Department, due to be completed mid-2020.

"I am proud of the services CQHHS delivers in Gladstone, and proud of the hard work our nurses and doctors and health staff do every day.

"I have called for some time for the government to buy the Gladstone Mater for future expansion.

"We are already building the new Gladstone Hospital Emergency Department, which saw a new and refurbished ED, and I'm excited about this new prospect as well.

"This announcement means we can increase the amount of services available to Central Queensland, the number of public beds, reduce wait times and improve our patient care efficiencies."



ANZAC BISCUIT RECIPE

by Rachel Hardy

WITH THE CANCELLATION OF ANZAC DAY SERVICES AROUND THE GLOBE MANY HAVE BEEN LEFT WONDERING HOW TO COMMEMORATE THE FALLEN ANZAC'S ON THE NATIONAL DAY OF REMEMBRANCE.

Baking Anzac biscuits is a respectful way to honour the members of the Australian and New Zealand Army Corp from the comfort of home. It also serves as a great way to educate children on history, politics and food technology. Easy | 0:10 Prep | 0:20 Cook | Makes 27

Ingredients

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125g unsalted butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

Method

1. Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
2. Melt the butter in a saucepan, then add golden syrup and water.
3. Stir the bicarbonate of soda into the liquid mixture.
4. Add the liquid to the dry ingredients and mix thoroughly.
5. Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
6. Biscuits will harden when cool.

Notes: For crunchier biscuits, use more golden syrup.



KULLAROO HOUSE

by Betty Laver

ORIGINALLY THE COMMERCIAL BANKING COMPANY OF SYDNEY LTD BUILDING, THESE PREMISES WERE BUILT IN 1910-11.

In September 1958 the bank accepted an offer for the premises from Gladstone businessman Michael Busteed and from the early 1960's it was occupied as a boarding house. This was when it became known as Kullaroo House.

In the 1970's it went to new owners, Goodwin, McKenzie, Forbes and Partners, who were lawyers, for future expansion of their business. Tony Goodwin had a great appreciation of architecture and the value of the skills of tradesmen from bygone years. As Kullaroo House it had been clad in fibro and louvers to close in the beautiful verandah and was painted pink!

When it was stripped back Goodwin found cedar doors, windows, architraves and skirting boards and a solid red cedar staircase and ornate front counter. Best of all, he found each room had a magnificent period fireplace with a cast-iron hearth, imported English tiles and a solid marble mantelpiece. By the time he had the building restored to its former glory, the firm had the most magnificent legal offices in Central Queensland. They sold the premises in 1981 and Kullaroo House was then used as a restaurant.

In 1993 the Gladstone Port Authority bought the building and it was refurbished to accommodate staff. In 1996-97, Albert Spencer from Wietalaba Holdings was commissioned to reinstate the building, adding a large extension to imitate the architectural detail of the early 20th century bank. The original Commercial Banking Company of Sydney Ltd building (1911-1958) was heritage registered in December 2006, although it has not lost the name of Kullaroo House. This became an outstanding building in Gladstone.

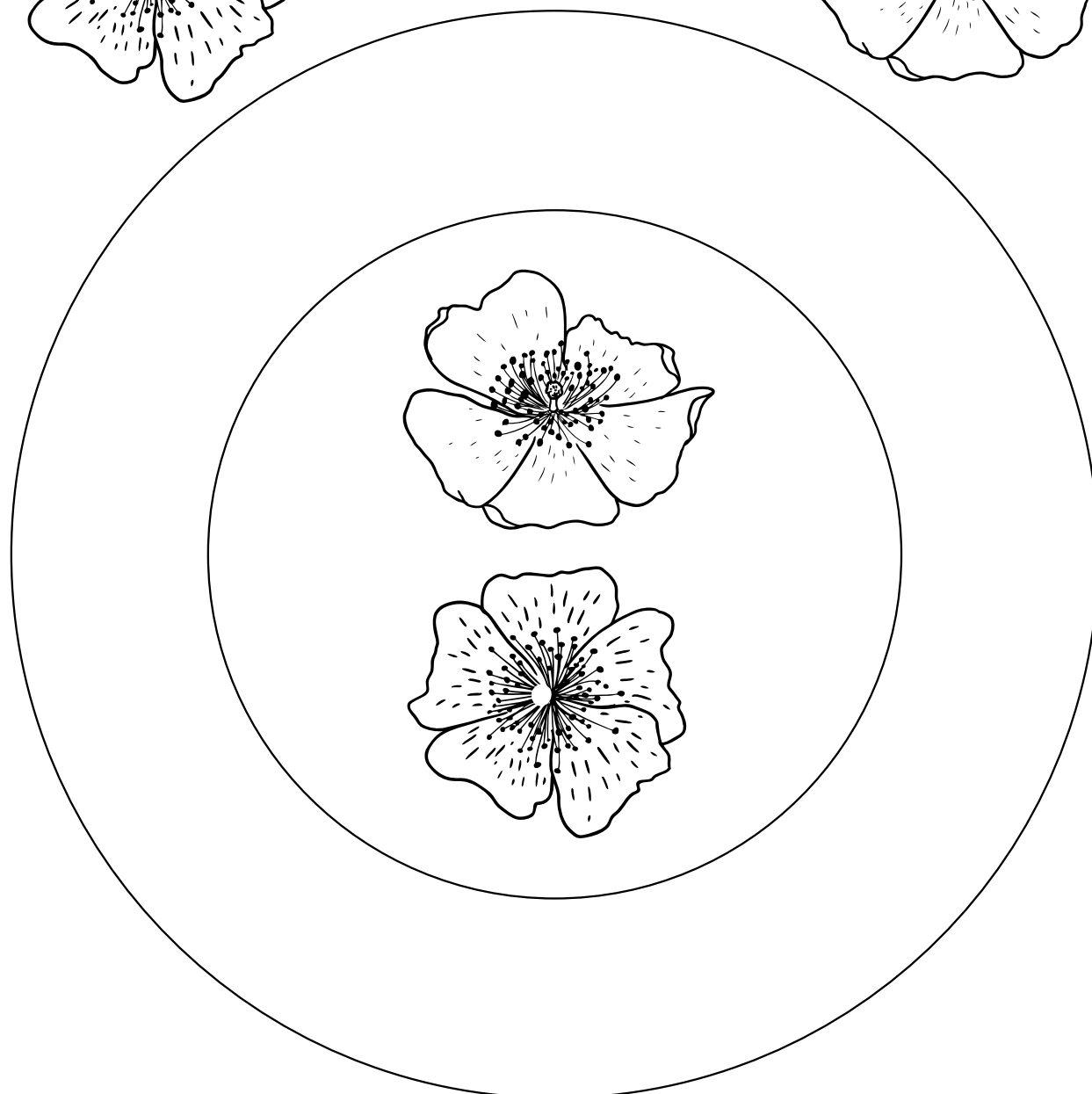
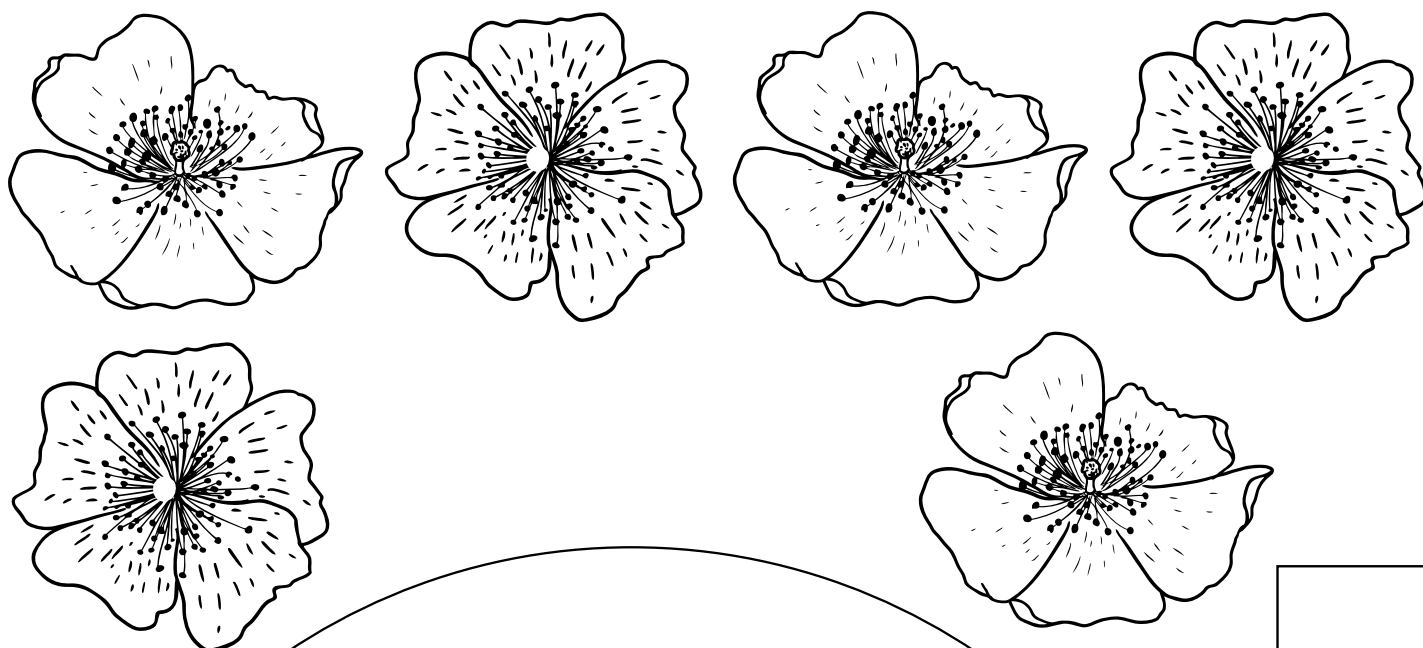
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ANZAC DAY 25 April 2020

Colour, cut out and paste on the poppies to create your ANZAC Day wreath



LEST WE FORGET

ANZAC DAY 25 April 2020



Our Nursing Heroines

The Australian Army Nursing Service was formed in July 1903 as part of the Australian Army Medical Corps.

During the First World War more than 2,000 of its members served overseas alongside Australian nurses working with other organisations, such as the Queen Alexandra's Imperial Military Nursing Service, the Red Cross, or privately sponsored facilities.

When the Second World War broke out, nurses again volunteered, motivated by a sense of duty and a desire to "do their bit". Eventually, some 5,000 Australian nurses served in a variety of locations, including the Middle East, the Mediterranean, Britain, Asia, the Pacific, and Australia.

After the war nurses assisted with the repatriation of thousands of prisoners of war.

Military nurses are now members of the Australian Defence Force. With a high level of specialist training, they continue to provide essential medical treatment to those wounded in war.

Sir Edward "Weary" Dunlop AC CMG OBE

Edward Ernest Dunlop was born on 12 July 1907 at Major's Plain, Victoria, the second of two children for his parents James and Alice (nee Payne). Dunlop studied medicine at the University of Melbourne on a scholarship where he was nicknamed "Weary", from Dunlop tyres.

At the outbreak of the Second World War, Dunlop enlisted in the Australian Army Medical Corps (6th Division) on 13 November 1939, having previously served in part-time service. He was in command of No.1 Allied General Hospital at Bandoeng when Java fell, and he became a prisoner of war.

In 1943 he was transferred to Thailand and worked on the Burma-Thailand railway. He remained there until the war ended, labouring tirelessly to save wounded, sick and malnourished men. Many times he put his own life at risk as he stood up to the brutality of his captors.

After returning home he married his wife Helen and they had two sons. He established a successful medical practice while also maintaining a passion for the health and welfare of former POWs.

Dunlop died at his home on 2 July 1993. Over 10,000 people witnessed his State Funeral, attesting to his great public respect and popularity.



The VP Day Girl

Lois Anne Drew (nee Martin) grew up in Richmond, Victoria. During the Second World War she worked at the Kodak Factory in Abbotsford. With Germany defeated and Victory in Europe Day marked on 8 May 1945, Australia waited hopefully for Victory in the Pacific.

The celebrations on VP Day on August 15 were joyous and chaotic. In major cities and towns across Australia thousands of people flocked to the streets to dance and sing, including Lois. In preparation for this day, Lois knitted this vest and wore it at celebrations in Melbourne.

Lois was identified as the woman in this photo when the Herald Sun printed it in August 1995 to help find her. Lois' husband Bill identified her and showed the knitted vest as proof.

Lois' vest is now on display in the Second World War Gallery at the Australian War Memorial.

Australians At War 1914 – Present

First World War 1914-18



AWM EN0620

Second World War 1939-45



AWM 026629

Korean War 1950-53



AWM H0B3175

Malayan Emergency 1950-60



AWM H0B56/0762/MC

Vietnam War 1962-75



AWM EKN67/0130/VN

Indonesian Confrontation 1963-66



AWM P01706.003

Gulf War 1990-91



ADF 11123270

Afghanistan 2001-present



AWM P09971.063

Iraq 2003-09; 2014-present



ADF S20150033

Peacekeeping 1947-present



AWM CAMUN/93/11/74

Ken O'Dowd MP

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